



THE LANTERN



➤ ➤ The Official Newsletter of the Northeast Region Staff College
Civil Air Patrol

Monday July 12, 2010

<http://nersc.nhplm.org>

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Lt Col Paul Mondoux

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[Http://nersc.nhplm.org](http://nersc.nhplm.org)

Student's and Staff Survive the First Day at NERSC

The Day began with an early staff meeting and the students arrived for a C 17 Tour. Immediately after the tour all were taken to the NCO Academy for the official opening ceremonies for the NERSC 2010. Following the Opening ceremonies all were released for lunch. All returned for a 1300 Lecture on Safety—ORM given by Lt Col Paul Mondoux.



Finally after all the issues General Assembly was performed in the Auditorium. The Director and Staff greeted the Students and general information was given out for the School.



SAFETY

Is of Utmost importance

Do not compromise safety for any
reason

Report any problems to
Lt Col Christine St Onge

And Lunch Finally !!!!!!!





OK so now what are we doing here ?



MCHUMOR by T. McCracken



I think this is suppose to be here.



REMINDER



Articles for the
Lantern are

Welcomed and
encouraged. All Students
are encouraged to submit
their thoughts and Ideas
for publication.

Articles will only be
accepted in Electronic
format and must be
submitted before 1500
hours each day.

Lt Col Paul Mondoux

Effective leaders need to possess many important qualities. Vision, enthusiasm, commitment, compassion, and resourcefulness are valuable characteristics. However, foremost and an essential is integrity—doing the right thing when no one is looking. This requires a moral compass, a conscious set of ethics, and the result is honor—a gift you give yourself, and setting a standard of performance and behavior that will inspire subordinates.

Wearing a uniform declares your membership and implies some authority. Integrity is the guarantee that authority is deserved and won't be abused. The outcome is the loyalty of your subordinates and the accomplishment of your leadership goals.

Over the Counter Medications

We are in the midst of a difficult time for many individuals. This is Have fever and Allergy. With that in mind many of us in an attempt to relieve the all popular symptoms take a variety of Over the Counter Drugs.

Whether medicine is prescribed by a doctor or is an over-the-counter medication that you have selected, as a pilot you must consider the effect it will have on your performance.

When you are given a prescription, your doctor explains the possible side-effects of the medication you are about to take. Your pharmacist also outlines them when filling the prescription.

However, when you treat yourself with a non-prescription medication, you become your own doctor and pharmacist. Therefore, you must inform yourself of the possible adverse reactions that you might encounter. The following will help you understand some of the basics that you will need to successfully accomplish this task.

OTCs Defined

Over-the-counter medications (OTCs) are any legal, non-prescription substance taken for the relief of discomforting symptoms. This may include capsules, tablets, powders, or liquids.

Summary Advice

READ and follow label directions for use of medication.

If the label warns of side-effects, do not fly until twice the recommended dosing interval has passed. So, if the label says "take every 4-6 hours," then wait at least 12 hours to fly.

Remember, the condition you are treating may be as disqualifying as the medication.

When in doubt, ask your physician or Aviation Medical Examiner for advice.

If an illness is serious enough to require medication, it is also serious enough to prevent you from Driving or flying.

Do not fly if you have a cold or congestion due to allergies - changes in atmospheric pressures with changes in altitude could cause serious ear and sinus problems.

Avoid mixing decongestants and caffeine.

Beware of medications that use alcohol as a base for the ingredients.



Stretch. Simple
stretches
throughout the
day can help
make your back
more flexible
and strong.

“ The most important thing I learned is that soldiers watch what their leaders do. You can give them classes and lecture them forever, but it’s your personal example they follow”

General Colin Powell



It was this BIG !!!!!!!



Ye Three Kings

**The importance of keeping Hydrated
can not be overlooked
“DRINK PLENTY OF WATER”**



"Safety takes no time off we all are safety officers and must be safe in all that we do."



Guidelines for Submitting the On-line CAP Form 78

When entering data and reporting using the on-line form 78 Too often the reporting member enters long drawn out excuses for the incident and far too much irrelevant information.

Remember the details of the incident are the job of the investigator.

For example if you are reporting that a cadet fell while attending an event, simply put: "Cadet fell and cut knee. First aid administered and cadet sent home with parent." The names, the event and location are other entries on the form. Also, please check your spelling and grammar before clicking the "submit" button.

Another example, which was submitted sounded more like a lengthy taxi clearance across ORD that ended with the statement that one of the aircraft's main tires went flat while taxiing.

In this case the report should simply have stated: "While taxiing N123CP at XXX the left main tire deflated



Prevent Back Injuries

Lt Col Paul Mondoux



Back pain is second only to the common cold on the list of reasons Americans go to the doctor. Sprains and strains to the back are preventable. Unfortunately, most people don't worry about their back until it's already hurting them. It's important to start treating your back properly right away. Take the following steps to protect your back.

- **Maintain proper posture.** Having the correct posture while sitting, standing, and sleeping is an important part of keeping you back pain free. While sitting, make sure your lower back gets sufficient support. If you sit for long periods of time, get up and walk around about every hour, trying a few simple stretching exercises. If you stand all day, every once in a while, bend over and touch your toes, bending at the knees. Sleeping on your stomach places too much stress on your back, but if you must, be sure to place a small pillow underneath your abdomen. Buy a mattress with good back support that's also comfortable.

- **Lift properly.** Improper lifting of heavy objects causes many back injuries. If you must lift a heavy object, take some time to prepare. When lifting or moving a load:

Always bend at the knees - never at the waist

Keep the object close to your body

Don't twist your body

Avoid lifting over your head or over an obstruction

Get a good grip on the object. Clean and dry surfaces are easier to handle than wet and greasy ones.

If possible, divide a heavy load into several smaller ones

When lifting below chest level, keep your lower back curve locked in position. When lifting above chest level, tighten your abdomen to place less of the load on your spine.

When moving the object, push it instead of pulling it

Make sure your footing is secure. Do not lift objects that obscure vision and footing

Lift smoothly and slowly. Do not jerk the load

Whenever possible, use a cart or dolly to carry the object

If the load is too heavy, ask for help

If possible, divide a heavy load into several smaller ones

- **Stretch.** Simple stretches throughout the day can help make your back more flexible and strong. Try to do these every hour, holding each for about five seconds.

While standing, place your hands on your lower back and lean backward, without tipping your head backward

Stretch your hamstrings - those muscles in the back of your thigh that help keep your back mobile. While sitting or standing and leaning against something, bend one leg up, hold your thigh and straighten the leg

While sitting, bend your chest down to your thighs to stretch the muscles and unload the joints at the base of the spine

- **Exercise.** Exercising back muscles can strengthen and protect the muscles, helping to prevent injuries. Of particular importance are the abdominal muscles.

Try walking briskly for about 30 minutes a day, four times a week

Swimming is a great way to strengthen the abdominal muscles and leg muscles. It also takes the pressure of gravity off of your back

Various at-home abdominal exercises can also help keep your back strong. You can ask your doctor or qualified gym instructor to show you some special back strengthening exercises.



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UPDATED 7-10-2010

2010 Northeast Region Staff College- Daily Schedule

	Saturday 10-Jul	Sunday 11-Jul	Monday 12-Jul	Tuesday 13-Jul	Wednesday 14-Jul	Thursday 15-Jul	Friday 16-Jul	Saturday 17-Jul	
0600		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	0600
0745	Breakfast		Home Room	Home Room	Home Room	Home Room	Home Room		0745
0800			Formation	Formation	Formation	Formation	Formation		0800
0830			Gen. Assembly	Gen. Assembly	Gen. Assembly	Gen. Assembly	Gen. Assembly	Lodge Checkout	0830
0900	Breakfast	Staff Meeting at ALS	Lecture Human Relations	Lecture CAP Written Comm	Lecture Activity Planning Dick	Seminar Room Student 10-Minute Speeches	Lecture Keystone Project Briefings (Lecture Hall)	Seminar ALS Building Clean-up Final Evaluations	0900
0930		Students Report to ALS		Paul	Break		Gary		0930
1000			Seminar Human Relations	Lecture Team Development				Graduation	1000
1030	Staff Meeting at ALS	C 17 Tour						Students Depart McGuire	1030
1100			Lecture Managerial Comm	Lecture Time Management	Lecture Leader-Follower Dynamics	Lecture Global Diversity	Sandy Lecture Using E-Services Management Tools	Staff Meeting at ALS	1100
1130									1130
1200	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		1200
1300									1300
1330	Students Arrive to McGuire AFB	Lecture Safety & ORM Paul	Seminar Managerial Comm	Lecture Goal Setting	Lecture Leading Volunteers Joe	Lecture Vehicle Reporting	Annette Lecture Introduction to ARIADL		1330
1400		Officership	Lecture Public Speaking	Seminar Goal Setting	Seminar Leadership	Lecture Functions of Management	Barry Lecture Graduation Inst. & Practice		1400
1430									1430
1500		Lecture Group Dynamics	Seminar Effective Comm	Lecture Problem Solving Critical Thinking		Lecture ES Topic Gary	Students Dismissed to Prepare for Dining Out	Enjoy Summer!	1500
1530			Retreat Practice		Students Prepare Picnic				1530
1600									1600
1630	Staff Dining Out	Flag Lowering	Flag Lowering	Seminar Problem Solving					1630
1700			Dinner	Dinner					1700
1730									1730
1900	Students Register at ALS	Lecture Formation/Insp. Customs/Courtesies	Seminar After Dark	Seminar After Dark	Social Activity Picnic at Dix Rec Center	Seminar After Dark	Social Activity Dining Out (Dix)		1800
2100									2100